

A Happy Human Project webinar  
for Parents and Staff

# HELPING CHILDREN TO MANAGE BIG EMOTIONS

HERE'S WHAT WE WILL BE COVERING:

- SCIENCE OF THE CHILD'S BRAIN
- NAMING AND TAMING EMOTION MONSTERS
- DETECTING EMOTION MONSTERS BEFORE MELTDOWN
- TECHNIQUES FOR CHILDREN TO SELF-REGULATE

Thursday 26th November 2020  
at 8pm on Zoom

the  
happy  
human  
Project